

SUPPORTIVE CARE GUIDE Palliative Care Series

Nutrition for Advanced Cancer: Supportive Care & Quality of Life

Understanding how personalized nutrition keeps comfort, strength, and overall well-being at the center of advanced cancer care.

✓ Comfort First ✓ Individualized Care ✓ Quality of Life



Why Nutrition Needs May Change

Advanced cancer care introduces physical changes that impact eating tolerance and dietary needs.

Reduced Appetite

Adapting smoothly to shifting food interest.

Food Tolerance

Adjusting texture and meal complexity.

Reduced Food Intake

Supporting smaller, gentle portions.

Treatment Symptoms

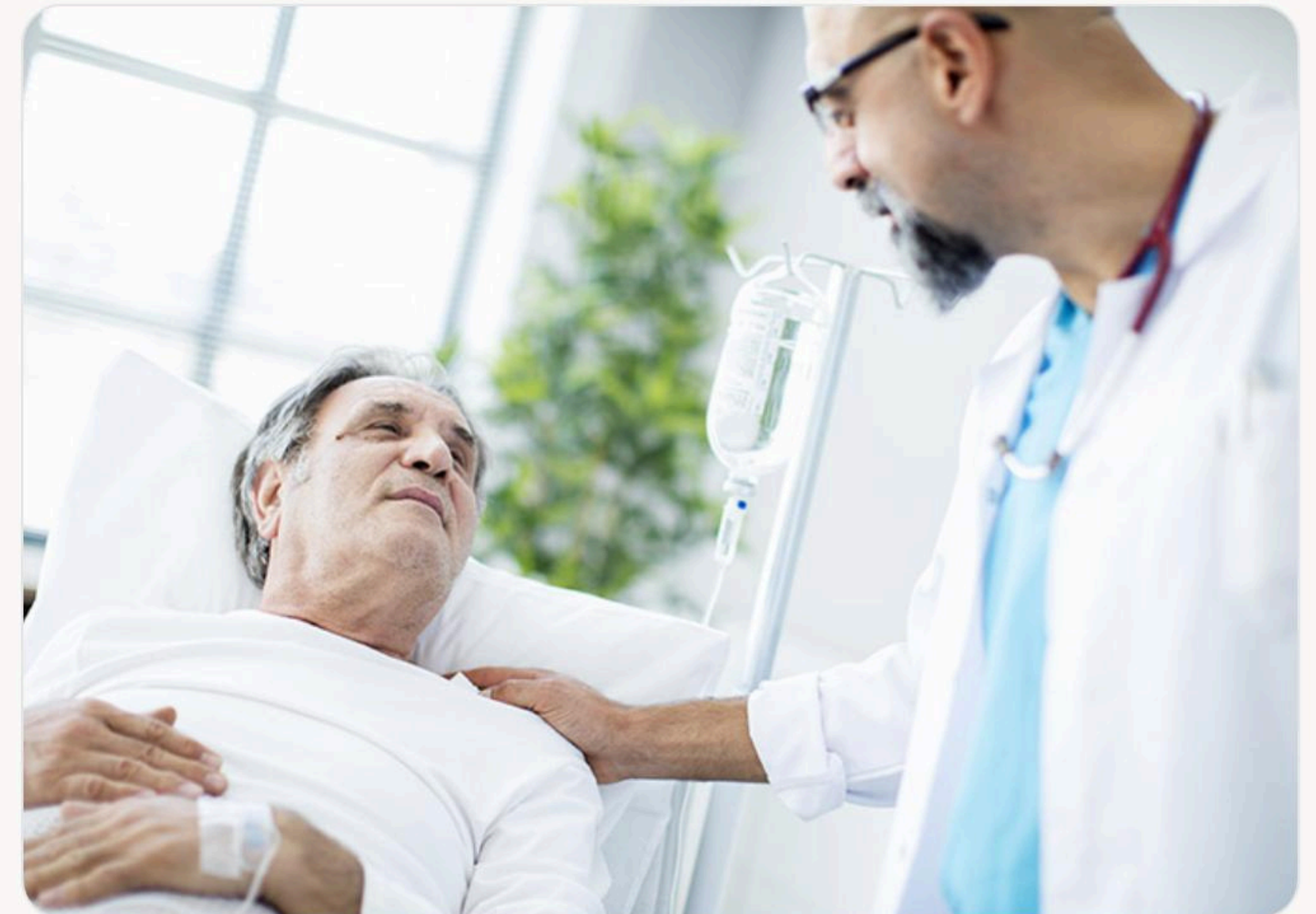
Relieving nausea, taste, and digestive shifts.

Nutrient Requirements

Targeting daily essential nutrition gaps.

Energy & Strength

Sustaining vital stamina and comfort.



 **Key Principle:** Because challenges vary per individual, nutritional guidance must be strictly personalized.

Individual Care

Goals of Supportive Cancer Nutrition

Four core pillars designed to maintain dignity, relief, and daily well-being.



Comfort

Choosing meal patterns and foods that feel comfortable and practical.



Nutritional Support

Helping address individual nutritional requirements with flexibility.



Symptom Management

Aligning food choices with treatment side effects and tolerance.



Quality of Life

Supporting overall well-being while respecting individual care goals.

Clinical Note: Palliative nutrition provides supportive care that complements, but does not replace, appropriate medical treatment.

Complementary
Care

Individualized Nutrition Planning

At Oncoheal, every supportive nutrition strategy considers five essential personal parameters.

01



Diagnosis

Understanding specific cancer profile and current health state.

Health Context

02



Treatment Severity

Evaluating treatment journey and associated challenges.

Therapy Impact

03



Nutritional Needs

Identifying target dietary and strength requirements.

Requirement Target

04



Food Preferences

Respecting cultural habits and practical choices.

Personal Habits

05



Symptoms & Tolerance

Adapting for side effects and digestive ease.

Active Comfort



Customized Strategy: Ensures every meal plan remains comfortable, realistic, and tailored.

TAILORED SUPPORTIVE CARE

Take the Next Step

There is no single nutrition plan that works for everyone. Professional guidance helps create a truly individualized approach based on nutritional needs, symptoms, treatment, and preferences.

 Specialized Oncology Guidance

Providing compassionate support for individuals requiring dedicated nutrition guidance during advanced cancer care.

CONNECT WITH ONCOHEAL

Explore Programs & Contact

 Explore Program
Palliative Care Cancer Food Diet — Oncoheal Visit Home
Oncoheal Nutrition Home Consultation Enquiries
Verified Contact Page

Evidence-Based Oncology Nutrition Support